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THE MARKET BASKET

by

Bureau of Home Economics, Agricultural Research Administration  
U. S. Department of Agriculture  
- - -

MAKING THE MOST OF MEAT  
- - -

The Quartermaster of the Kitchen in every home of our land has an important new assignment--to map the campaign for her family to share-the-meat. It's patriotic and fair to get right into step on meat sharing, now that the meat sharing program is part of our all-out for Victory. And it's wartime duty besides to see that a family's nourished for fitness.

How-to-do-it secrets are mainly--plan with care, and use imagination as you cook and serve, advise home economists of the U. S. Department of Agriculture.

The sharing allowance for a person over 12 years of age, as you know, is  $2\frac{1}{2}$  pounds of pork, beef, veal, and lamb, figured "bone in." For a child under 6, allow  $\frac{3}{4}$  pound, and for each child from 6 to 12, allow  $1\frac{1}{2}$  pounds.

BE AN OPEN-MINDED SHOPPER

You know by this time that it's best to go to a meat counter with an open mind. The store may be out of a certain cut. So, that gives you the cue to two lines of action. Either, you buy meat first and build your meal with quick adaptability around the meat parcel you acquire. Or, you plan your menu before shopping so that any one of several kinds of meat will fit.

STORE AND COOK WITH CARE

Put meat, and poultry too, in the coldest part of your ice-box or other cold storage place... $45^{\circ}$  Fahrenheit or lower is best. If it's ground meat, store it extra cold and use it soon.



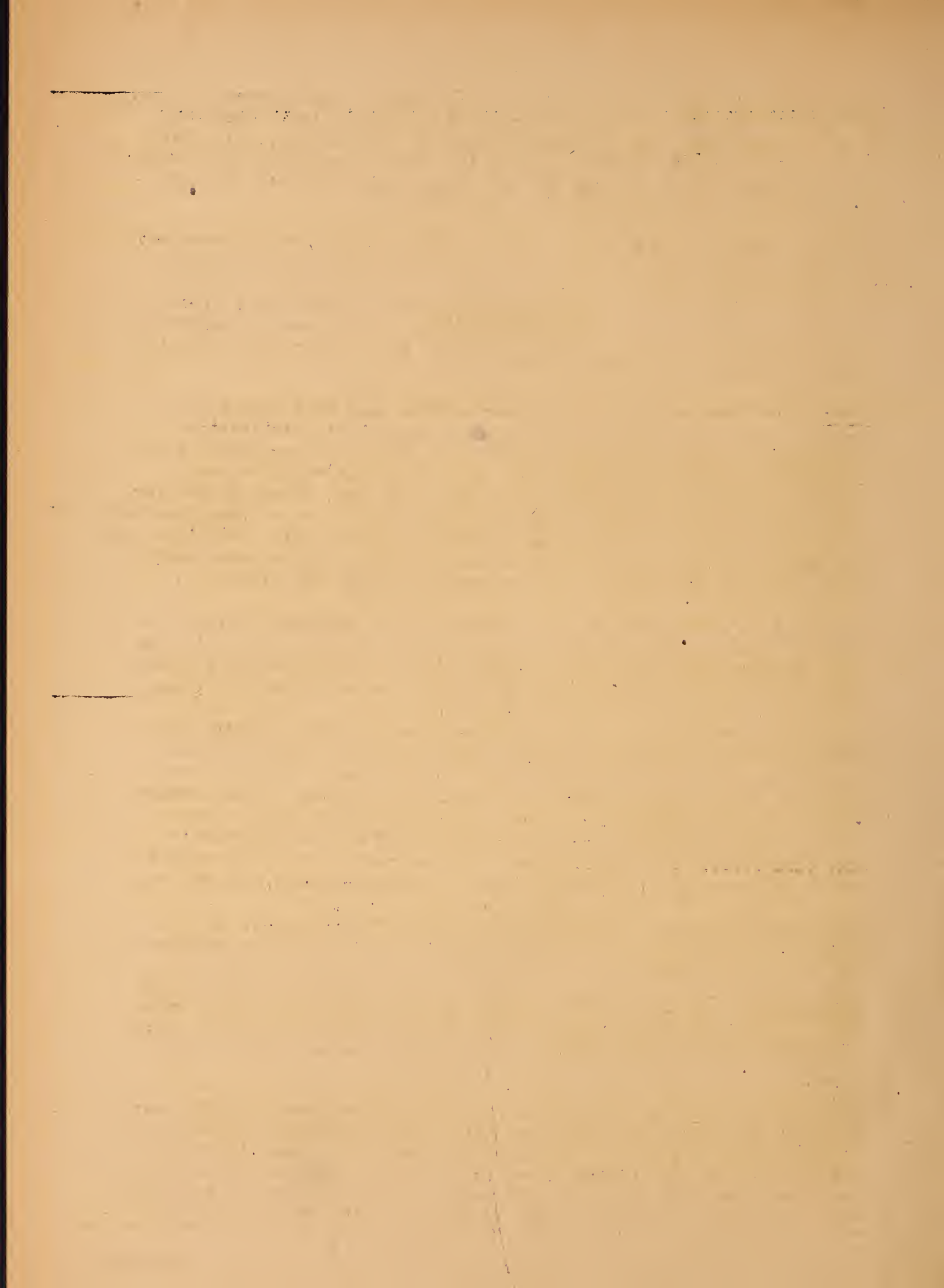


Many a retired cook book will go on active duty in the hunt for meat recipes. When you are looking, hunt recipes that make the most of meat both in food value and flavor. Remember the modern way is: cook meat with moderate heat until done, and no longer. This way, meat is more tender, tastes better, and losses in cooking are low--so there's more left to serve.

### "STRETCHING" MEAT

There are dozens of ways to "stretch" meat supplies. Just as a starter, here are ways from home economists of the U. S. Department of Agriculture:

1. Stuffing is a good "extender" for a boned roast, such as pork or lamb shoulder, or a bony cut like spare ribs or breast of lamb. Use mashed potatoes, bread crumbs, or cooked rice, and season as you like it. Here is a recipe for savory stuffing: Cook  $\frac{1}{4}$  cup of chopped celery and leaves, 1 tablespoon of chopped onions, and 1 tablespoon of chopped parsley in 2 tablespoons of fat for a few minutes. Then add 2 cups of soft bread crumbs,  $\frac{1}{4}$  teaspoon of savory seasoning, and salt and pepper to taste. Stir until well mixed and hot. This recipe makes enough for a 5 to 6 pound pork or lamb shoulder.
2. Veal or beef birds are another savory blend of stuffing and meat. Have the meat cut into strips 2 to 3 inches wide. Spread with the stuffing. Roll, and tooth-pick into neat packages for individual servings. Brown in fat, add a little water, and braise slowly in a covered baking dish until tender. Serve with the gravy.
3. Stews go well in cold weather. And even the toughest and cheapest meat is a good starter for a stew. So are small tidbits of tender meat. When the amount of meat is limited, be more liberal with the vegetables. And for a good stew, brown the meat in a little fat before you add water, and remember not to add your vegetables until the meat is almost tender. You can extend the meat flavor in a stew by using dumplings, or serving it as shortcake, between rounds of biscuits, or on a platter with a border of mashed potatoes, boiled rice or hominy grits.
4. Meat pie for six can be made using a pound of lean raw meat. First, make a stew, then top it with pastry crust. If you wish, bake individual pies in small dishes.
5. Meat loaf is another good user of the cheaper cuts. Have the raw lean meat ground fine and season it well. Combine it with such binders and flavor extenders as: bread crumbs, cornmeal, boiled rice, mashed potatoes, oatmeal. Meat loaf, sliced cold, is a perfect filling for sandwiches.





6. Ground beef broiled on toast catches every drop of the flavorful juice, makes a neat serving piece. One pound of ground raw beef mixed with 2 or 3 tablespoons of milk, seasoned with salt and pepper, will cover 6 or 8 slices of bread. First, toast the bread on one side and spread the meat clear to the edge on the untoasted side. Then dot with fat and slip into the oven to broil. Serve at once.
7. A pound of sausage, some apples and cabbage--two foods on the abundant list--and you have the "makins" of a tempting baked dish, that needs only potatoes baked at the same oven heat to round out the main part of dinner. Arrange the raw cabbage and apples in alternate layers in the baking dish, fry sausage cakes and lay on top. Add a tablespoon of vinegar to the sausage fat and pour over all. Cover and bake until cabbage and apples are tender.
8. Liver is a 6-star scorer on the vitamin list. And it's one of the variety meats that needn't be included in meat-sharing arithmetic. Try liver scalloped with potatoes, first lightly browning in fat the seasoned and floured liver slices; then putting alternate layers of potato and liver in a greased baking dish. Use raw, sliced potato for this, sprinkle with salt and pepper. And cut the liver in small pieces--add onion, if you like. Make the top layer potato, cover with milk, and bake under a lid 1 hour at moderate heat or until potatoes are tender. At the last, remove the lid, so the potato blanket will brown.
9. A rich meat and vegetable soup is almost a meal in itself. Start the pot boiling with a beef or ham bone, a knuckle of veal, an oxtail, or bones trimmed out of the roast. When you have a good rich broth, add vegetables, rice, or barley...or serve with toasted squares of bread.
10. Meat turn-overs - a good use for left-over cooked meat. First, chop and season the meat with onion and celery or parsley. Then moisten slightly with gravy, broth, tomatoes, or chili sauce. Add salt and pepper to taste. Make a rich dough and roll out portions into rounds about 6 inches across. On each round of dough, place some of the meat filling, fold the dough over, and pinch the edges together to make turn-overs. Bake until brown in a hot oven - about 425 degrees F. Meat turn-overs are a pleasant change from sandwiches in a lunch box.
11. Savory meat on toast is another good user-up of left-overs. Cook 1 sliced onion and 1 cup of chopped celery and leaves in a tablespoon of fat for a few minutes. Add 3 cups of cooked tomatoes and cook for about 20 minutes. If the mixture is too thin, add 1 to 2 tablespoons of flour mixed to a smooth paste with an equal quantity of cold water. Cook until smooth and thickened. Add 1½ cups of chopped cooked meat, heat thoroughly, season with salt, and pepper. Serve hot on crisp toast.
12. Curry of meat has the oriental touch and likewise makes a little meat go a long way. Cook 1 sliced onion in 3 tablespoons of meat drippings or other fat. Add 3 pints of sliced tart apples or green tomatoes, cover, and cook 'til tender. Then add 3 cups of chopped cooked pork, lamb, veal, or beef, and heat thoroughly. If the mixture is too thick, thin it slightly with meat broth, gravy, or water. Season to taste with curry powder and salt. Serve with flaky boiled rice, or with noodles.

